

RawVegan "Herbed Cheese" Ravioli with Red Pepper Sauce

Makes 2 trays, 18 ravioli

You'll need: food processor, high speed blender, dehydrator

Preparation time: 1 hour

Total time: approximately 9 hours

Ingredients for ravioli:

1 ripe mango (peeled)

6 red apple (peeled)

1 tbsp psyllium husk

- Combine all the ingredients (except psyllium husk) in the food processor fitted with the S blade and process until smooth.
- Add psyllium husk and pulse a few times.
- Spread evenly over teflex sheets (6 heaping tbsp from the mixture for each tray). Dehydrate at 118°F about 6 hours. Flip and continue to dehydrate for another 1 hour (they should be soft and flexible, do not over-dehydrate).

Ingredients for 'Cheese' filling:

1 cup cashew (soaked overnight and drained)

1/4 cup pine nuts (soaked 4 hours and drained)

1/4 cup filtered water

1 clove garlic

1/8 tsp salt

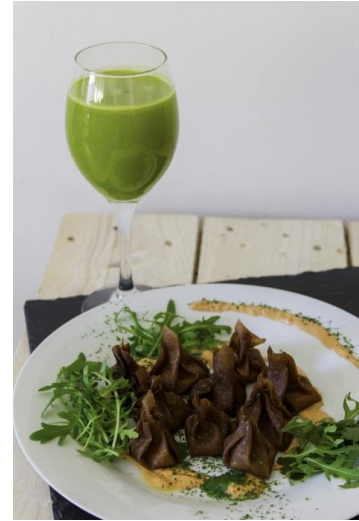
1/8 tsp pepper

1/8 tsp ground nutmeg

- Blend everything until smooth.
- Take 2 heaping tbsp from the mixture and set aside (for the pepper sauce)

1 tbsp fresh or 1 tsp dried italian herbs

- Add herbs and pulse a few times.
- Cut wrappers into 3 long strips out of 1 sheet then cut again into 3 square.
- Spoon about 1 heaping tsp from the mixture and spread into a center of the wrapper.



- Dip your finger in a little water and wet the edges of the wrapper, all the way around. Pull corners up to a center and twist gently.
- Press the edges (make sure the filling is not coming out) of the wrapper use a little water to seal.
- Place Ravioli on a dehydrator sheet, and Dehydrate at 118°F about 1 - 2 hours.

Ingredients for Pepper sauce:

2 heaping tbsps from the cheese filling
1/4 cup pine nuts (soaked 4 hours and drained)
1 tsp organic miso paste
1/4 red bell pepper

- Blend everything until smooth.

Enjoy!

Heaven in a glass:

Ingredients for juice:

1 1/2 cup coconut water
1 pineapple (peeled)
1 medium cucumber
handful fresh mint
1 lemon (peeled)

Run all ingredients through your juicer then add coconut water and stir well.